



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Ochmann, Tom

Club: B.L. Sharks

Number: 355

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungen

Category:

Senioren M30 (30-39 Jahre)

Total time: 23:05

Speed: 10.40 km/h

Running performance: 5:46 min/km

Rank in course/Total: 336 (of 477)

Rank in course/Men: 247 (of 315)

Best time in course: 12:17

Rank in category: 40(of 54)

Best time in the category: 12:17

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	11:49	5:54	38	5:49	244	5:49	2.00	11:49	5:54	51		152	5:49
Leichtathletikhaf	2.00	11:16	5:38	44	4:59	239	5:02	4.00	23:05	5:46	40	10:48	247	10:48